

## Abstract

The invention relates to a composition comprising hydroxycitric acid (HCA) in combination with either one or both of garcinol and anthocyanin, and its use as a weight-loss therapy in animal subjects, preferably humans. The therapeutic effects for the composition observed in murine and human studies include a reduction in total body weight and body mass index, a reduction in body fat, an increase in lean body mass and content of body water, and a reduction in perceived appetite level. Another composition for use in weight-loss therapy is also described relating to forskolin in combination with either one or both of garcinol and anthocyanin. The anti-oxidant properties of garcinol are described as being enhanced in the presence of HCA and anthocyanin, and the combination of HCA, garcinol and anthocyanin is also shown to exert greater citrate lyase inhibiting properties than either compound alone. Methods of obtaining HCA, garcinol or anthocyanin, or a composition containing all three compounds, are described.